

Avoid Mosquito Bites!



Not all mosquitoes are the same. Different mosquitoes spread different diseases and bite at different times of the day. The mosquitoes that can spread Zika, dengue and chikungunya viruses are aggressive daytime biters. They can also bite at night, indoors or around the outside of homes.

THE BEST WAY TO PREVENT ZIKA IS TO PREVENT MOSQUITO BITES!



- Minimize time outside when mosquitoes are active.
- Eliminate standing water (where mosquitoes breed) around your home and business.
- Wear loose long-sleeved shirts and long pants. Mosquitoes can bite through thin or tight clothing.
- Stay in places with air conditioning or use screens that keep mosquitoes outside.
- Use DEET or picaridin insect repellent on exposed skin (face, hands, wrists).
- Treat clothing and gear with permethrin or buy permethrin-treated clothing.



Use Environmental Protection Agency (EPA) registered insect repellents

Use repellent when you are outdoors. Use products with active ingredients that are safe and effective.

- Always follow the product label instructions.
- When using sunscreen, put sunscreen on first and insect repellent second.
- It is safe for pregnant or nursing women to use EPA-approved repellents when applied according to label instructions.
- To learn more, visit: <http://go.usa.gov/cyAuW>

Use Insect Repellents with one of these active ingredients	BRAND EXAMPLES*
DEET	Ultrathon, Ultra, Cutter
Picaridin (KBR 3023)	Natrapel

If you have a baby or child

- Follow product label instructions.
- Do not use insect repellents on babies younger than 2 months.
- Dress babies or small children in clothing that covers arms and legs or cover crib, stroller and baby carrier with mosquito netting.
- Do not apply insect repellent to a child's hands, eyes, mouth or any cuts or irritated skin.
- Spray insect repellents onto your hands and then apply to a child's face.



For Extra Protection Wear Permethrin-treated

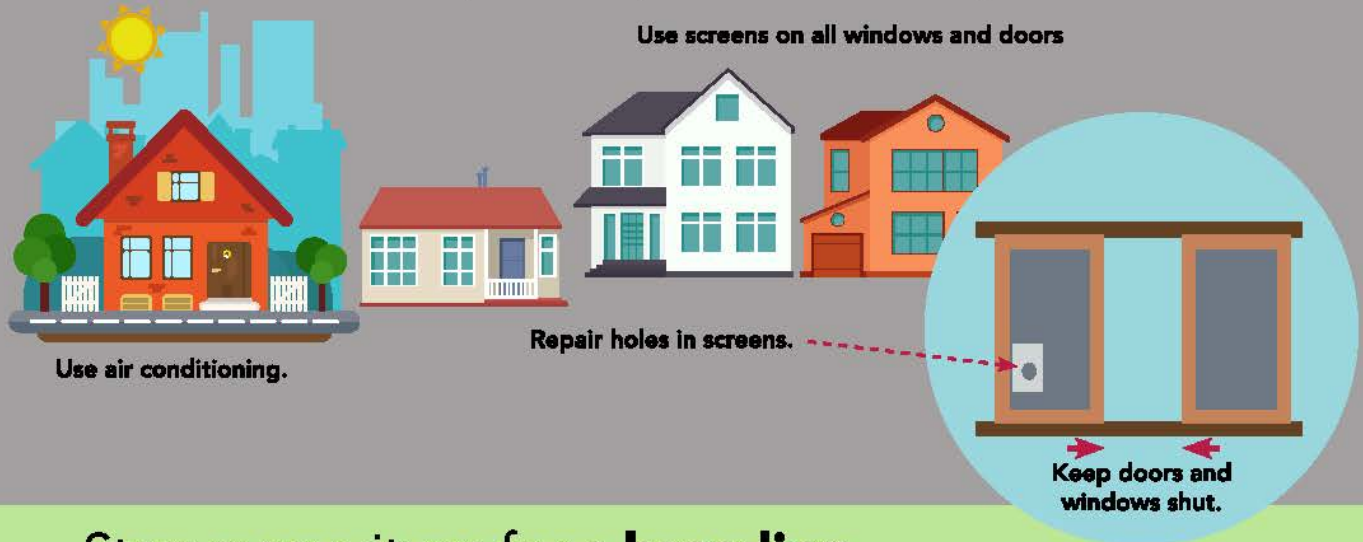
Permethrin is an insecticide that kills mosquitoes and other insects.

- Use permethrin to treat clothing and gear (boots, pants, socks, tents), or purchase permethrin-treated clothing and gear.
- If treating items yourself, always follow product label instructions.
- Treated clothing remains protective after multiple washings. See product information to find out how long the protection will last.
- Do not apply permethrin solutions directly to skin.
- The permethrin factory-treated Army Combat Uniform (ACU Permethrin) was introduced in October 2012 and protects Soldiers, as part of the DOD Insect Repellent System.



*The use of commercial names is to provide information about products; it does not represent endorsement of these products.

Keep mosquitoes **out of your home**



Stop mosquitoes from **breeding** by eliminating the standing water where they lay eggs



The mosquitoes that transmit Zika, dengue and chikungunya viruses can breed in as little as a teaspoon of water that is left standing for a week or more. Put items away that could hold standing water.



Check for standing water at least once a week. Empty, turn over or cover anything that can hold water, including:

- Bird baths
- Kiddie pools
- Flower pots & saucers
- Trash cans and lids
- Grill covers
- Watering cans
- Tools
- Pet dishes
- Wheelbarrows
- Tires
- Buckets
- Toys
- Pools and pool covers
- Boat or car covers
- Clean or replace poorly functioning gutters



Centers for Disease Control (CDC)

Zika virus website:

<http://www.cdc.gov/zika/index.html>



Army Public Health Center (APHC)

Zika virus website:

<http://phc.amedd.army.mil/topics/discond/diseases/Pages/Zika.aspx>

ZIKA HOTLINE:

(800) 984-8523; OVERSEAS: DSN (312) 421-3700; STATESIDE: DSN 421-3700

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